

Amendments to the Specification:

Please amend page 6, line 9 - page 7, line 2 as follows:

A According to the preferred embodiment of insert ~~[(1)]~~ (2), said insert has a holding element at each of its ends (4), which is designed to work with holding means (101) of snowshoe (100), whereby said element is, for example, a hollow, advantageously cylindrical compartment (5), which is designed to receive an element of mating shape, such as a part of a retractable axis that belongs to snowshoe (100), with which the boot is designed to work. It goes without saying that, according to an embodiment, not shown, the holding elements could be contours that protrude together with, for example, parts of a axis. We should note that, regardless of the holding elements, parts of a axis, cylindrical or other compartments that are used, the latter are advantageously carried by a single transverse axis (YY'). Moreover, the insert advantageously has reinforcing means that are designed to be attached to the holding elements in order to prevent frictional wear and tear of these elements, or at least to reduce such wear and tear. According to the preferred embodiment of the insert, these reinforcing means are small metal dishes, not shown, which are designed to receive the ends of the insert and, more particularly, the inner walls or bores of axis compartments (5) that form the holding elements.

Please amend page 7, line 13 - page 8, line 2 as follows:

A 2 Thus, according to the preferred embodiment of boot (1) illustrated in figures 6a-6c, theoretical width (d) of sole (3), measured at insert (2), will be different depending on the height and thus the size of the boot. Thus, when width (d) of the sole is smaller

than length (L) of insert (2) for small sizes, sole (3) will have protruding contours (6) or bosses that extend from the edges of sole (3a, 3b) to the ends of the insert, as shown in Figure 6a, so that the insert will be completely trapped in the sole and only its ends will show over the edges of the sole. Likewise, if theoretical width (d) of sole (3) is larger than the length of the insert, as shown in Figure 6c, then lateral edges (3a, 3b) of the sole will have hollow contours (7) in which ends (4) of the insert will be located. It goes without saying that, in the case of the embodiment shown, hollow contours (7) in the shape of dishes or protruding contours (6) of the sole are depicted in an exaggerated fashion, which is done in order to make it easier to understand this embodiment.

Please amend page 9, lines 20-25 as follows:

3
a According to the invention, insert [(1)] (2) is made of a filled thermoplastic or a composite material to make it rigid and has elevated strength with regard to twisting and bending in particular. It can also be made of metal or any other material that has the characteristics of rigidity, solidity, and strength that are desired for such an insert.
